

## CLAIMS

1. A complex of plant sterol and egg yolk lipoprotein.

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2. The complex according to Claim 1, wherein the egg yolk lipoprotein is lipoprotein contained in PLA modified egg yolk, decholesterolized egg yolk or PLA modified decholesterolized egg yolk.

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3. The complex according to Claim 1, wherein the component ratio of plant sterol to egg yolk lipoprotein is 5 to 232 parts by mass of plant sterol per 1 part by mass of egg yolk lipoprotein.

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4. The complex according to any of Claims 1 through 3, which is a dried powder.

5. A food product containing the complex according to any of Claims 1 through 4.

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6. A method for manufacturing the complex according to any of Claims 1 through 4, wherein the egg yolk lipoprotein and plant sterol are stirred and mixed in a water-based medium.

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7. The method for manufacturing the complex according to Claim 6, wherein 232 parts by mass or less of plant sterol is used per 1 part by mass of egg yolk lipoprotein.

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8. The method for manufacturing a complex according to Claim 6 or 7, wherein egg yolk liquid is used as the egg yolk lipoprotein.

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9. The method for manufacturing a complex according to Claim 6 or 7, wherein a dilute egg yolk liquid is used as the egg yolk lipoprotein.

10. The method for manufacturing a complex according to Claim 8 or 9, wherein 185 parts by mass or less of plant sterol is used per 1 part by mass of egg yolk solids.

11. The method for manufacturing a complex according to any one of Claims 6 through 10, wherein the mean grain size of the plant sterol is 50  $\mu\text{m}$  or less.

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